

Don't forget to buy a Valentine Ad this week outside The Commons! See details at the bottom of this page.

In this issue



SU student shares his experiences studying abroad in Ecuador Pg. 7

Featured

Section

Center for International Education maps out new program in Estonia Pg. 7

Index

News.....1
Global.....4
Editorial.....5
Life & Style.....7
Sports.....10

THE FLYER



Vol. 37, Issue 14

Salisbury University's Student Voice

February 2, 2010

O'Malley 2011 budget to include in-state tuition hike

By Jacqueline Miller
Staff Writer

After four years of paying the same price for tuition, in-state students attending University System of Maryland schools, including SU, will face a 3 percent tuition increase if Governor Martin O'Malley's recently proposed fiscal year 2011 budget goes into effect. According to a Baltimore Sun.com article, O'Malley said the "brutal economy" and fierce politicking from the USM and state officials has led to the increase, which is projected to save Maryland \$16 million.

According to the proposed budget, state universities will receive a total of a 5 percent increase in funding from tuition,

SEE Tuition Pg. 3

Surprise snow hits Salisbury



Vanessa Junkin photo

This group of friends enjoys the snow that hit Salisbury throughout the day on Saturday by making a pyramid in the Chesapeake and St. Martin Courtyard. With the Lower Shore receiving 8 to 11 inches of snow -- more than expected -- SU students enjoyed a long weekend, with the campus being closed on Monday.

Diane Rehm comes to SU to benefit PRD



By Vanessa Junkin
Editor in Chief

Diane Rehm can be heard on the radio every weekday. This Saturday, however, Rehm can

be seen and heard in person during Public Radio Delmarva's fundraiser that will bring the host of The Diane Rehm Show to Salisbury University.

"An Evening With Diane Rehm" will take place Saturday, Feb. 6 at 6:30 p.m. in the Holloway Hall auditorium. Some people will be meeting the host from National Public Radio -- and many others will have the chance to go to her talk.

Regular tickets are still for sale and cost \$25 with an SU ID or \$35 otherwise, while V.I.P. tickets that include a meet-and-greet and preferred seating are sold out.

PRD General Manager Gerry Weston said PRD is hoping to gain about \$25,000 or more from this event, and with totals nearing 500 tickets -- almost 150 of which are the V.I.P. tickets -- that goal is in sight.

Weston said that PRD decided over a year ago to host special events, like many radio stations, "to connect the on-air personalities with the people that enjoy them, and listen to them."

During the planning stages, Angela Byrd, membership coordinator for PRD and one of the people coordinating and producing the event, said that a Diane Rehm Volunteer Committee was formed to connect with locals for promotion as well as support.

"There seems to be an incredible energy surrounding this event," she said. "It's really inspiring to hear staff, faculty of the University, PRD staff, [and] so many of our loyal listeners and supporters talk about how excited they are that we're bringing such a popular NPR host to the area."

WSDL 90.7, one of the two PRD radio stations that broadcasts from Caruthers Hall, plays The Diane Rehm Show weekdays at 10 a.m. Rehm does her show from WAMU

SEE Rehm, Pg. 2

"New" Pocomoke hall opens after renovations

By Eric Arndt
Staff Writer

For those who have had the privilege of calling Salisbury University's Pocomoke residence hall home, it may be a good idea to take a peek inside after the \$7.1 million renovation.

"There are no state dollars at

work here," said Dane Foust, associate vice president of student affairs. "This is paid for entirely through student housing fees."

Drastic changes have been made to the interior and exterior of the old building, and it may be hard for former residents to recognize the residence hall that has housed students for over 40 years.

Floors that were once covered by tiles have been replaced with an environmentally-friendly carpet produced by Tandus, a Georgia based company that includes recycled materials in its products. A brand-new laundry room filled with environmentally-friendly washers and dryers, supplied by Mac-Gray Corp., has also been put in place.

Pocomoke's basement is now an open and bright social and academic epicenter within the dorm. It has been fully renovated and now has a 27-student classroom, the first classroom in an SU residence hall.

Impact-resistant drywall and drop-tile ceilings replace concrete blocks throughout the dorm, which should create noise-absorbent walls, according to Dave Gutoskey, Director of Housing and Residence Life. This would allow for the basement's sound-proof classroom to double as a study area at night.

There is also a new common area for students to hang out that includes a 55-inch flat screen tele-

vision, a pool table, snack machines and a full kitchen.

Students who are housed in Pocomoke this semester may not remember the look and feel of the old building, but custodian Lawrence Jones remembers full well.

"The dorms are beautiful now; they fixed them up real nice. The students enjoy it, I enjoy it. It doesn't feel like a prison anymore, there's a lot more light," he said.

Kayla Ames, one of the 77 students currently living in Pocomoke, explained her excitement about being housed in the newly-renovated building.

"It's like staying in a hotel," she said. "The lounge is so nice, it's like being in a theater. We have a huge screen and velvet couches; it's so luxurious."

Kelly Thurston agreed with Ames and despite only being there for a week so far, she said she enjoys it and said it truly feels like a new hotel.

The renovation makes the most of the building's space. The attic,

SEE Pocomoke, Pg. 3



Jules Waxman photo

Jack Roe and Colby Connelly kick back and relax on one of the couches in the newly-renovated Pocomoke Hall basement.

Wellness Committee, Operation Keep Safe Week to promote crime prevention best practices

By Josh Madsen
Staff Writer

Salisbury University's Wellness Committee of Student Affairs will be hosting Operation Keep Safe Week, allowing the campus community to become more knowledgeable about safety issues on and off campus. From Feb. 2 to 4, Salisbury's Office of Student Affairs will be hosting a series of events allowing students

to learn about crime prevention as well as the opportunity to take a self-defense course.

On Tuesday, Feb. 2 from 10 a.m. to 2 p.m., Student Affairs will have a Safety Week Information Table in front of The Commons. Students can visit the table and gather information about safety on and off campus including crime prevention, emergency response and self-defense training.

University Police Officers will then be hosting Operation ID on Wednesday and Thursday from 10 a.m. to 2 p.m. at The Commons. The SU community can come to the table with valuable items to have their driver's license number engraved onto them. Operation ID can prevent thefts or help with getting back a stolen item.

"Students can bring in their laptops, iPods, video game systems or anything else they feel would

be at risk of getting stolen," said event coordinator Sarah Flynn.

There will also be a self-defense information session that the University Police will be offering on Wednesday, Feb. 3 at noon. The 30-minute self-defense course as well as the 30-minute presentation on rape aggression defense will provide the campus community with skills on how to keep themselves safe from intruders.

Senior Justin Antonelli is ex-

cited about Operation Keep Safe Week because it gives students the opportunity to meet and talk with the University Police on a personal level rather than meeting them at the wrong time.

"Normally I would be hesitant to go up to the University Police and introduce myself, but I think this is a great idea of allowing officers and the campus community the opportunity to feel relaxed

SEE Safety, Pg. 3

Briefly Stated

African-American History Month

SU celebrates African-American History Month in February with a series of engaging talks and performances. This week, there are two events. On Tuesday, Feb. 2, Dr. Burney J. Hollis, dean of the College of Liberal Arts at Morgan State University, will keynote the celebration at 7 p.m., speaking on the life and work of Oxford, Md., novelist and playwright Waters Edward Turpin. During his talk, "Telling an African-American Saga on Maryland's Eastern Shore," held in the Wicomico Room of the GUC, he will discuss Turpin's reputation as "Father of the African-American Family Saga." Admission to the talk is free; the public is invited.

On Saturday, Feb. 6, Dr. Clara Small of SU's History Department and the Rev. David Briddell speak on their new book, "Men of Color to Arms," from 2-4 p.m. at the Nabb Research Center in SU's East Campus Complex.

Lincoln Day Dinner

Former Maryland Governor and First Lady Bob and Kendal Ehrlich keynote the Lincoln Day Dinner on Saturday, Feb. 6 in the Bistro of the Commons. The Wicomico County Republican Central Committee and SU College Republicans will co-host the event. The evening begins with a cash bar at 6:30 p.m., with a buffet dinner at 7 p.m. Republican candidates for offices on the Eastern Shore, including 1st Congressional District challenger Henry Harris, are also expected to attend. Admission is \$40 per person, \$75 per couple, and \$25 for students. For tickets and more information call Bob Laun at 410-543-2116.

SOAP brings comedians to SU
For the first comedy event of the semester, SOAP features comedians Ryan Stout and Brent Weinbach will be performing in Holloway Hall this Tuesday, Feb. 2, 2010 at 8 p.m. in Holloway Hall. Free for SU students. Space is limited; come early.

SGA "A Sweet Cure" Fundraiser
To raise funds for the American Cancer Society, SU's SGA will hold a Valentine's event Sat., Feb. 13. "A Sweet Cure" features an array of sweet treats along with music, and begins at 5 p.m. in the Wicomico Room of the GUC. Donations are requested at the door to benefit the SGA Relay For Life Team. The SGA also collects donations for its Relay team outside the Commons from Monday-Friday, February 8-12.

Andy Warhol Exhibit

From Feb. 10 to April 14 in the Atrium Gallery of the Guerrieri University Center, SU will showcase Andy Warhol's photography work during the exhibit "Selected Photographs From the Gift of the Andy Warhol Foundation for the Visual Arts." A reception featuring the film "Andy Warhol-The Complete Picture" is 6-8 p.m. on Friday, Feb. 12 in Fulton Hall Room 111. Gallery hours are 10 a.m.-4 p.m. Monday-Wednesday. Admission is free; the public is invited.

International Film Series, "Bridges to the World"

SU takes film lovers around the globe to a variety of exotic locale during the second annual Bridges to the World International Film Series, Mondays from Feb. 8 to March 8. All films are introduced and screened at 7 p.m. in Caruthers Hall Auditorium, followed by a discussion. The festival begins Feb. 8, with the Russian film "The Island," a drama about an Orthodox monastery in northern Russia where a man is believed to have the power to see the future. Admission is free; the public is invited.

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New neighborhood in Fruitland to grow with student demand

By Ross Rinehart
Staff Writer

SU students now have an additional option to think about when considering housing: Bailey's Crossing, a new neighborhood being built by Disney Properties.

The new housing development for students is off of St. Lukes Road in Fruitland. Disney has constructed five houses and will keep building to accommodate the demand.

Darren Disney came up with the idea and got this neighborhood started.

"We're building an entire neighborhood where as many deposits as we get is how many houses that we build for the students coming in the summer to fall semester," said property manager Jason Drake.

Disney has received a great deal of responses and plans to keep the houses it builds in the development for students only, according to Drake.

The new houses are to have three bedrooms and two full bathrooms. They will have large living rooms and kitchens, which are provided with brand new refrigerators, stoves, microwaves and dishwashers.

"The houses are about 1,400 to 1,600 square feet, so they're pretty big houses," Drake said.

Each house is built on almost half an acre of land and has a driveway, garage and backyard equipped with a deck.

The houses were built in Fruitland because of the safe area, but there can also be three unrelated people on the lease, rather than the two that are allowed in Salisbury.

Rehm

Continued from Pg. 1

88.5 in Washington, D.C., but she reaches about 2.2 million Americans across the nation each week—in addition to those who may be listening in other countries, according to the WAMU Web site.

Rehm has been on the air for more than 30 years. The Diane Rehm Show has had its name since 1984, but prior to that, it was called Kaledoscope, which Rehm began hosting in 1979, according to the WAMU Web site.

Both Rehm and her show have been honored, said the same site.

Byrd, who said she listens to the show every day, described Rehm as "an inspiring role model" that is able to reach many different types of listeners. Byrd said she enjoys the conversations and interviews that are part of Rehm's shows as well as the variety of topics she covers.

"I'm really excited... to meet the person behind the voice," Byrd said. Weston noted the wide range of interviewees that have been on Rehm's show.

"I feel that she is a very knowledgeable host, and considering the intelligence of her guests, I think that's a good reflection on her," Weston said. Weston talked about how Rehm covers "gray areas" on the topics that

"I have a couple friends I want to get a house with, but a lot of the companies I've talked to won't allow it," said SU student Scott Kirkland.

Drake says the location of the neighborhood is safe because it is isolated and in a nice area. The houses will be over two miles away from the main campus of SU.

SU student Maura McKechnie, who has lived in Fruitland for two years, has found it to be a positive experience.

"I have really enjoyed living here and it's nice sometimes to be farther away because it prevents random people from just showing up when we do have a party. And I don't mind the commute. I either drive and find off-campus parking or I bike," she said.

Drake said the houses are of a high enough caliber to be placed on the

market for sale, but that providing safe and affordable housing for students is the company's main goal. Every new house will be \$1,300 a month with a \$1,300 security deposit.

Based on his own personal experience, Drake believes these prices are relatively inexpensive and appropriate for college students.

"I know when I rented in college I was paying more than that for a smaller house that had no garage and was not in a nice area," he said.

Blueprints of the new houses and pictures of the houses Disney has already built are available on the company's Facebook page for Disney Properties. To contact Disney, call 410-860-9090 or e-mail disneyproperties@yahoo.com.

They will also be at the Renter's Fairs in February and March.



Photo courtesy of Disney Properties

This house is part of the new Bailey's Crossing neighborhood that Disney Properties is building for student rentals.

she brings up on her show. "She's not afraid to bring different points of view to the table," Weston said.

Although he isn't sure exactly what she'll be discussing on Saturday, some of the broader topics include her experiences as a radio host and also some of the people she's interviewed, along with a possible look into politics.

"What I hope people get out of it is, A: a better sense of who Diane

Rehm is as a person and as an on air 'personality,' and [B] I hope they come away with a good feeling about how she grasps what's happening not only in Washington, but across the country," Weston said.

Weston said tickets for Saturday's event, which is sponsored by the Peter and Judy Jackson Music Performance Fund, may sell out. To purchase tickets, people can go to the PRD station in Caruthers Hall or call 410-543-6895.

Crime Beat

1/20/10
10 a.m.

Burglary and Attempted Burglary
Someone forcibly gained entry into a locked faculty office at the TETC building. Officers responded and found pry marks on the door. An officer also found that someone had unsuccessfully tried to gain access into another faculty office. Pry marks were found on the door.

1/20/10-1/21/10
9 p.m.-2:30 p.m.

Burglary and Theft
Victim reported a wallet stolen from their room in Severn Hall. The resident's door to the room had been propped open during the evening hours. The case is under investigation.

1/22/10
5:40 p.m.-5:48 p.m.

Suspicious Person
A faculty member reported a suspicious person in Henson Hall. Officers arrived on the scene and identified the suspect. The suspect was escorted out of the building and left the campus.

1/23/10
1:10 a.m.-3:20 a.m.

Malicious Destruction of Property
Unknown suspect egged the door to Parking Services and to a police vehicle. The incident is under investigation.

1/25/10-1/26/10
5:30 p.m.-9 a.m.

Hit & Run/Motor Vehicle
A complainant reported damage to his vehicle, from a hit & run collision, while it was parked and unattended in Camden Lot E.

More construction means less parking

By Hayley Eiland
Staff Writer

In the beginning of the Fall 2009 semester, students welcomed the opening of a new parking garage with more than 800 parking spaces. In doing so, students said goodbye to 250 parking spaces in the Maggs parking lot with construction of the new Perdue School of Business. When the Spring 2010 semester came around, students were again confronted with the loss of parking.

The renovation of Manokin Hall has caused almost two rows of parking spaces to be fenced off in the Blackwell parking lot to

make room for construction. Manokin is scheduled to be completed in time for the Fall 2010 semester.

Construction of the new upper-classmen housing has taken away parking in the former Allenwood lot and a handful of spaces in the Guerrieri lot with the need to relocate University maintenance vehicles there.

"The maintenance vehicles will remain in this location until Physical Plant operations are moved to East Campus when the new Maintenance Building is finished being renovated, scheduled for October 2010," said Kevin Mann, director of the Physical Plant. Two-year commuter student

Christie Stone expressed that she was not pleased with the new addition of vans to the Guerrieri lot.

"I think it's unfair that we pay all this money and the University expects us to play chicken with other students for parking when they randomly take it away from us, like with the new vans they put in Guerrieri by taking away a whole row of parking from students who probably paid a lot of money at the beginning of the semester for those spots," she said.

"The University parking garage is the best option for parking and in theory can handle any overflow parking created as a result of construction. In addition, the vis-

itor parking fees for the garage are in effect. The rates are 50 cents an hour, a maximum fee of \$5 per day," said University Chief of Police Edwin Lashley.

Despite Lashley's advice, Stone is not convinced.

"If I wanted to park in the parking garage, I would have bought the cheaper parking pass to park there. I am on campus all day and don't want to be walking to the parking garage late at night with all the crime and everything else going on," she said.

On-campus students share similar complaints to Stone's.

"While parking is convenient, I think it is vastly overpriced and the lack of spaces often make it

difficult for on-campus students to park in what is essentially their own driveway," said senior and on-campus resident Mike Marfut.

Junior and commuter student Bobby Audley served on the University's Parking Committee for one year and knows how complex the decision making process is.

"Parking is always a contentious issue when you have many people trying to fit into a limited space," he said. "Therefore, I believe we will have to 'resolve' the parking issue when campus expands. Our campus is growing every day. As we continue to acquire more land, I hope we continue to improve parking by adding more spaces around buildings of high use."

Tuition

Continued from Pg. 1

with the additional 2 percent coming from the State of Maryland. The University has done its best to adjust to the current economic climate with the formation of the Strategic Planning and Budgeting Group, but working under such tight restrictions could begin to have effects.

With mandatory expenses exceeding the school's revenue, the University has been forced to make cuts in various areas of its current budget and has been forced to im-

plement a hiring freeze and keep freshmen enrollment steady.

Vice President of Student Affairs Dr. Ellen Neufeldt said it is a top priority of the University to maintain its core values and follow the mission of the institution.

"This institution cares greatly about its students, faculty and staff and we want to ensure the best educational experience both in and outside of the classroom," Neufeldt said. "We want to be able to serve the students we have now and we need to have the faculty and staff to accommodate their needs first."

Financial aid may also suffer

from the University's lack of funds.

"[Financial aid] is very important to the University, but if the resources aren't there, there isn't much we can do," Neufeldt said. "Nothing will be taken away, however, from those students who have already been promised [financial aid] as long as they still meet the requirements."

The impact of the tuition increases for SU students will be minimal when compared to the benefits gained by the University as a whole. Students will be charged an additional \$280 a year.

Vice President of Administration

and Finance Betty Crockett says out-of-state tuition will increase by the same dollar amount as the in-state tuition.

"We're trying to be fair [with students]," Crockett said. "Compared to other state universities, we have a relatively low tuition rate."

Freshman Kat Gartner said she would not mind paying the additional \$280 for tuition.

"I don't think it will affect me that much," she said. "I would just ask that the University offer more student activities."

Some students have raised questions about the use of their tuition dollars with the recent additions to

the University such as the parking garage, Perdue School of Business and the future residence hall complex on the former Allenwood property. School officials want to make clear that the new additions are paid for by outside sources and are state-funded or paid for by independent donors.

The \$13 billion-plus budget will also fund public K-12 education, job creation, public safety and environmental protection programs.

Through budget reductions and fund transfers, the budget bill is expected to make up for the \$2 billion deficit the state currently faces.

Safety

Continued from Pg. 1

and comfortable around each other," Antonelli said.

The Student Affairs Group had planned to have a "Meet-N-Greet" set up with food and drinks for the university community to come out and meet with SU's Chief of Police, Edwin Lashley and his officers on Monday, Feb. 1. However, that event was snowed out and will be rescheduled in the future.

Matope stressed the importance of students meeting the campus police because it allows the campus community to feel comfortable reaching out to the officers if they are having problems.

"It's a great opportunity for students to meet the Chief and establish a personal relationship with him and the rest of the officers," said event coordinator Janet Matope.

For any more information on these events or on safety call the Office of Student Affairs at (410) 543-6080.

Pocomoke

Continued from Pg. 1

which was once used for storage, was converted into six new rooms. The building is also more energy-efficient, with lights that have multiple settings so students may choose to save electricity. On the outside, however, the building's traditional academic architecture remains almost the same.

The hall's renovations were done in accordance with the U.S. Green Building Council Guidelines. Last year Salisbury

University became home to the first Leadership in Environmental and Energy Design certified building on the Eastern Shore, with the TETC building. SU officials hope to earn LEED Silver certification at minimum for the renovations done to Pocomoke Hall.

Manokin, Nanticoke and Wicomico halls, the other buildings that surround the quad, will also be renovated through 2011.

Pocomoke's renovation did not require a replacement of its HVAC unit, but the other residence halls are expected to feature geothermal heating.

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Sri Lanka holds first election after civil war's end

By Jeremy Riffle
Global Editor

On Jan. 26, the country of Sri Lanka held its first election since the end of a bloody 26-year-long civil war. The incumbent president, Mahinda Rajapaksa, won a comfortable re-election with a two million vote lead over his principal challenger, Gen. Sarath Fonseka. Speaking about his victory, Rajapaksa said, "The people of Sri Lanka, democratically and very clearly, have shown that they are now free of threats, free of fear,

free of terrorism — and they have shown they support the measures which have freed them."

Rajapaksa has been criticized for the lack of restraint his government had demonstrated in its drive to win the civil war against the Liberation Tigers of Tamil Eelam. Also called the Tamil Tigers, the LTTE was a separatist group that engaged in acts of terrorism, most notably suicide bombings, against the mainly Sinhalese-controlled government. Tamils make up around 12 percent of the population of Sri Lanka and are mostly

concentrated in the north and eastern parts of the island country.

"The overwhelming mandate given in this election has given the answer to these critics," according to Rajapaksa.

Around 70 percent of the 14 million people in Sri Lanka's electorate voted in the election. In Tamil areas, however, turnout was lower than 30 percent and most of the votes cast went to Fonseka.

The United States has congratulated Rajapaksa on his re-election, but has urged that an investigation be made into irregularities during

the election.

Gen. Sarath Fonseka, Sri Lanka's former military chief who has also claimed credit for ending the war, received four million votes in the election. Fonseka has alleged that the election was unfair and that his supporters were threatened and intimidated at the polls. He has also claimed that his life is in danger and that the government is not allowing him to leave the country.

"There is nothing we can do about it. There is no law and order in this country. They are planning to assassinate me," Fonseka said

after the election.

Sri Lanka's election commissioner has said that the state media and institutions of the government had violated his guidelines for a fair campaign. Despite this, the Center for Monitoring Election Violence, an independent organization, has stated that, though there were reports of voting irregularities, there was no evidence that large-scale fraud had been committed in the election.

All of the information in this article comes from the BBC Web site.

Minister Oo says Suu Kyi to be released this year

By James Asuquo-Brown III
Staff Writer

Nobel Peace laureate and Burmese pro-democracy opposition leader Aung San Suu Kyi has accused Minister of Home Affairs Maj. General Maung Oo of making comments that could scuttle any chance her appeal against the extension of her house arrest would succeed and more importantly prevent her from participating in the allegedly

"free and fair" elections the junta has scheduled for October 2010.

Minister Oo in a speech to local officials informally announced Suu Kyi would be freed in November. Suu Kyi's lawyer and spokesman for her National League for Democracy party, Nyan Win, commented that his client considered the minister's remarks "absolutely inappropriate, while the court decision is still pending." She used strong words — revealed the lawyer —

in reporting her views on the whole affair. As Win suggested, Oo's statement seemingly served no other purpose but to influence the High Court review of her appeal against her latest term of house arrest.

Of the last 20 years, Suu Kyi has been in detention for 14 of those, and she was convicted in August 2009 for violating the terms of her previous detention by sheltering an American, John Yettaw, who swam uninvited to

her lakefront residence. She and Yettaw were tried together with Suu Kyi receiving 18 months of house arrest and Yettaw being sentenced and subsequently deported after negotiations on his behalf by the U.S. government.

Many in the international community accused the junta, which has controlled Burma since 1962, of using the incident as an excuse to continue her confinement, thus dimming any political aspirations

of Suu Kyi's supporters.

When Suu Kyi's NLD party won the last elections, which were held in 1990, the State Peace and Development Council, then known as the State Law and Order Restoration Council, annulled the results and never honored them. The court's verdict is expected to be issued within a month.

All information in this article was sourced from the American Free Press and Reuters.

Federal court to decide Prop. 8 legality

By Jeremy Riffle
Global Editor

On Jan. 27, two and a half weeks of testimony concluded in a federal court suit over the legality of California's Proposition 8, a voter initiative which added an amendment to the constitution of California banning same-sex marriage in that state. The lawsuit was filed by two same-sex couples last spring after the California Supreme Court upheld Proposition 8.

Over the course of the testimony, Judge Vaughn R. Walker, who will be ruling on the case, heard witnesses from both the plaintiffs and the defendants. Most of the testimony over the two and a half weeks was provided by the plaintiffs. The plaintiffs are represented by David

Boies and Ted Olson, who are arguably best known for representing, respectively, Al Gore and George W. Bush, during the litigation over the results of the 2000 presidential election in Florida.

Boies said that the witnesses for the plaintiffs were intended to establish three points: that marriage is a fundamental right, that depriving that right to same-sex couples causes harm to them and their families, and that society is not benefited by preventing same-sex couples from marrying.

"You heard it from not only our witnesses but from their witnesses. They admitted what was at work here was a religious divide based on prejudice and stereotypes," Boies said.

In contrast to the two weeks of testimony by the

plaintiffs, the testimony provided by the defendants lasted for only two and a half days, with just two witnesses being called to testify on their behalf.

Andrew P. Pugno, who is representing Protectmarriage.com, one of the sponsors of Proposition 8, said that the plaintiffs' testimony was "a spectacular show," but that they had failed to tackle the question of whether the people of California have the right to legally define marriage as between a man and a woman.

"To invalidate the people's vote, the plaintiffs have a really tough burden: they have to prove the people acted irrationally. That does not mean that there has to be a choice between whether gay marriage is good or gay marriage is bad, but do the people

have a right to decide?"

Closing arguments and a ruling by Walker are expected to be made in March. Whatever the outcome is, an appeal is likely.

Proposition 8 was passed in 2008 with 52 percent of voters supporting it. The ballot proposition was launched after the California Supreme Court ruled that a ban on

same-sex marriage passed by the state legislature went against the state constitution.

All of the information in this article comes from the New York Times Web site.

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Overheard: Will the Colts or the Saints win the Super Bowl and why?



"The Saints! Hurricane Who Dat has made landfall...will bring Shockey waves and a strong Brees. Already sunk a Viking ship!! Last seen headed toward Miami!"

-Jen Horner, grad student



"The Saints are going to win because I hate the Colts."

-Tom Watson, senior



"I'm supporting the Saints during the Super Bowl. They're the underdogs and I'm hoping they'll pull through!"

-Erika Brightful, area director



"The Ravens will win."

-Justin Coleman, senior



"The Saints will come marching in all over the Colts."

-Ryan King, freshman

The Flyer

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Do you want to write or take photographs for The Flyer?

Stop by our meetings, held Monday nights at 9 p.m. in The Flyer office.

Corporations are people, too

By Jeremy Riffle
Editorial Editor

Recently, the Supreme Court handed down its decision in the case Citizens United v. Federal Election Commission. In a nutshell, five of the Court's nine justices decided that, since paying for political advertisements is a form of speech, much of the past century's regulation of corporate spending in elections is unconstitutional. In other words, corporations have the constitutional right to express themselves politically through advertisements.

To be blunt, this decision is bad. Our democracy is a fragile thing. It is not perfect, not by any means of measure. Among its flaws is the apathy that keeps a large percentage of the electorate away from the polls. There is the political grandstanding and point-scoring that keeps desperate concerns from being resolved. There is the media that nourishes itself on partisan politics while neglecting to stimulate thoughtful discussion of the issues. And there is the inordinate role that money plays in the political realm.

There has never been such a thing as an immaculate election. Even under the rules that have now been overturned, money has wielded an excessive influence in American elections and politics. The crafty application of money can get candidates elected and re-elected. It can get policies killed in

committee or on the floor of Congress.

The influence of money has had a pervasive and perverse effect that is far-reaching. Not only has money compromised the electoral and the legislative processes, it has also alienated voters from their government by marginalizing their voices. Average Americans can only do so much in support of politicians and policies that they like. A handful of dollars to a campaign, an e-mail to a representative, and one vote on Election Day is all that many can manage to muster. Ordinary Americans have lives, families to support, jobs to keep, and bills to pay.

The Supreme Court's decision states that corporations have the right to free speech, the same as individuals. It is unquestionable that corporations do have legal rights and duties, like individuals do, but there is an obvious difference between corporations and individuals. Corporations are not individuals. The deep pockets of a corporation are not the strained wallets of American citizens. Which of the two should be more important politically?

In his Gettysburg Address, Abraham Lincoln declared that the United States government was "of the people, by the people, for the people." Hopefully, Congress will keep this in mind as it explores options to fix the Supreme Court's error in judgment.

Focus on supporting Haiti rather than competing and bickering

By Morgan Majchrzak
Staff Writer

When Haiti was crippled on Jan. 12 by a tremendous earthquake, the United States, along with other nations, sprang to action to deliver relief and aid. Unfortunately, relief efforts arriving in Port-au-Prince slowed as many countries began complaining that the United States was monopolizing aid efforts.

For example, the World Food Programme could not deliver food until the following Saturday due to the United States allowing troops and equipment to first land and then transport Americans and other foreigners to safety. Jarry Emmanuel, air logistics officer for the agency's Haiti effort, stated that many of the 200 flights that arrive daily are United States military planes. Also, under agreement with Haiti, the United States is managing air traffic control at the airport. Finally, French and Brazilian officials have complained that U.S. military planes were given priority to land, causing other flights to land in the Dominican Republic, Haiti's neighbor.

Every country that sent supplies to Haiti truly is remarkable. This country was absolutely devastated, and the amount of relief and aid that reached the Haitian people sparked hope.

I participated in Soles for Souls, sending ten pairs of shoes to Haiti.

Every bit of aid and relief that arrives will slowly help get Haiti back on its feet, no pun intended.

The United States rushing in and claiming key positions sounds accurate. We rush in and assist struggling, or in this case devastated, countries. I do agree that the United States should have shared airspace, especially in a case where a food program needed to replenish Haitian appetites. The WFP would have then arrived with food more quickly, easing fears of starvation.

Concerning the French officials whose feathers were ruffled by the United States' allegedly egotistical attitude and stake in aid efforts, I say: play nicely. Yes, it would be ten thousand times more convenient to have supplies and other necessary items arrive in the Haitian airport, but the Dominican Republic is right next door. The Haitian people do not care what airport relief supplies arrived at or where fresh food and water are coming from. They simply are thankful it's there. Instead of bickering like cranky children, focus instead on the hundreds of thousands of survivors who will keep alive with your clothing, food and fresh water.

Like I said, we're the United States. It can come off as cocky; maybe we are. Still, who stepped up and successfully directs those 200 daily flights without the help of a control tower? The United States.

~SUDOKU~

	2	7		6			8	1
8							7	
				9				4
	4		2	9				
	7		4		8		2	
				5	7		4	
1			9					
	3							8
5	6			7		1	3	

Each week there is a sudoku puzzle in The Flyer. Look for a new puzzle, as well as the answer to this one, in next week's edition. To solve sudoku puzzles, use each number, 1-9, in each vertical row, horizontal row and each of the nine outlined squares. Good luck!

Student Regent Elfreth calls for involvement

By Sarah Elfreth
Special to The Flyer

Wednesday, Jan. 13 marked the beginning of the 427th Legislative Session of the Maryland General Assembly. More so than any other year, the budget will dominate this legislative session as questions of a tuition increase, delays in capital funding, and the future of the Higher Education Investment Fund are debated. As the student representative on the governing board for the University System of Maryland, the Board of Regents, I have the opportunity to lobby for the concerns of all 149,000 students in the System, but the effort must be larger than just one student.

My primary charge as the student regent is to both engage and mobilize students in USM issues and the legislative process. In the four years I've lobbied in Annapolis, I have had the opportunity to serve with only a handful of other USM students. Needless to say, there is nothing I want more than for this trend to change. Oftentimes students are neglected as members of relevant debates due to our unconventional schedules. We are appropriately concerned with passing classes, paying tuition, and graduating on time. These obligations, however, should not prevent us from sharing our insightful opinions on the issues that most affect the state. Nearly every issue, from tuition to the future of the Bay, will have a major effect on our lives both today and tomorrow.

The quantity of legislative issues requiring student input is innumerable.

able. State leaders' commitment to affordability has allowed in-state undergraduates to pay no increase in tuition for the past four years. In his recently released budget, Governor Martin O'Malley has proposed a 3 percent tuition increase; a moderate increase when compared to the drastic measures other states have been forced to take during these difficult fiscal times, but one that still needs to survive the legislative session.

At the same time, ensuring that funding for the USM stays intact throughout session will prove to be difficult for higher education leaders who will certainly need help from students in emphasizing how essential higher education is to Maryland's citizens and economy. Students especially need to stress the real-life consequences budget cuts may have such as increased class sizes, decreased course offerings, and longer time to graduation; all of which negatively impact the quality of higher education.

These difficult fiscal times present legislators with countless challenges but also countless opportunities to do the right thing. As students, we see the effects of budget cuts more than anyone, thus it is our obligation to make our concerns heard. So if you find yourself in Annapolis over the next few months, let me know. We can grab coffee, discuss politics, and revel in being some of the youngest people in the room. I hope to see you there.

Sarah Elfreth is the Student Regent on the USM Board of Regents and a student at Towson University.

Editorial Policy: Letters are welcomed and ENCOURAGED. Please include your name and your class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wed. at 5 p.m. Please e-mail letters to flyer@salisbury.edu.

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My new year's resolution was to lose a few pounds, but it is so hard when I have unlimited food sources at the cafeteria and around campus. I really want to eat healthy but it is so hard to say no to fries and soda when it is available to me all the time. How can I still eat healthy with the constant temptation and availability of unhealthy foods?

It may be hard to stay on track with your new diet, but do not be discouraged. Salisbury offers many healthy choices to choose from at The Commons. Try to stay away from the fried foods; vegetables and fruits usually keep you filled up for longer periods of time. In addition, SU offers nutrition counseling services which are available to all SU students and employees. Just call 410-548-9112 to make an appointment to talk with the University Dietitian, Kate Cerulli, MS, RD, LD. There is no charge for these services, and all counseling is confidential. Visit <http://www.salisbury.edu/dining/nutrition.html>.

My best friend from high school and I came to Salisbury together, but now I hardly ever see her. We don't have as much in common anymore, either. There are no hard feelings between us, but we just aren't as close as we used to be. I recently signed up to live with three new friends for the upcoming school year, but I have yet to tell my friend that I will not be living with her. How can I tell her that I will not be living with her thinking that I don't want to be her friend anymore?

I think you are better off telling your friend that you will not be living with her sooner than later. This way, she can set up living arrangements for herself and will find out the news directly. Don't let her think you were hiding it from her. Express to her that you still want to remain friends, but you are not planning on living with her next year. The truth is always the best way to go, and she will appreciate you more in the long run for telling her your plans now.

Health care reform: the worst idea of 2009

By Mitchell Jones
Staff Writer

Once every so often an idea comes along that changes society for the better. Whether it be the decision to declare independence from Britain or the invention of the telephone, certain ideas carry with them a long-lasting positive effect, that improves the quality of life for generations to come. Sadly, Barack Obama's health care bill is not one of these ideas. Created in the tradition of monumental blunders like slavery and the Ford Pinto, the language of the new health care bill threatens to undermine the very ideals on which it was created.

Without question, the idea of

high quality, cost-effective care for all Americans is tempting, to say the least. But instead of providing Americans with a change they can believe in, Obama's bill, when put on paper, simply locks into place a system that strengthens the influence of profit-driven insurance companies over American health care.

"The new bill forces everyone currently without coverage to buy private insurance, but there's insufficient cost control on premiums," said local healthcare professional Lisa D'Aquila. "Especially for recent college graduates, it's hard to find the money to pay for a decent place to live, let alone expensive health care."

On college campuses, the ques-

tion is often not the price of health care, but rather whether a policy is necessary at all.

"I rarely get sick, and when I do, I take care of it myself," senior Jason Phelan said. "Why should I be forced to spend my money on something I don't need or want?"

The financial pressures placed upon graduating seniors like Phelan aren't just unfair, they're also weighted in the favor of America's elders. In Obama's bill, senior citizens are guaranteed more extensive coverage at a significantly lower cost.

But while Grandma and Grandpa enjoy their remaining years on the cheap, the younger generations are asked to pick up the slack by way of increased taxes

and financial burden.

The financial burden doesn't end at the doctor's door, either. Even under the new and "improved" health care plan, limits on prescription drug costs are still inadequate. With regards to affordable prescription drugs, the best health care plan is still a trip to Canada.

While the original goal of health care reform involved the betterment of a fundamentally flawed system, the realities of the bill only rub salt on the proverbial wound. And now that the public option lies dead on the Senate floor (it had a pre-existing condition), it seems that what's left of the health care bill asks the American people to take three giant steps backwards.

France vs. the wearing of burqas

By Robert Forrester
Staff Writer

Earlier this summer, the French National Assembly created a tribunal to decide whether or not to ban the wearing of the burqa, a veil that completely covers Muslim women. The commission has asserted that such garments are an "unacceptable challenge to the republic," while French President Nicolas Sarkozy has called it a "sign of subservience."

The president's party is expected to pass legislation banning the burqa in government buildings and on public transportation, pretty much wherever establishing identity is necessary, but not on the street.

The burqa is a full veil that runs from head to toe. Originat-

ing in ancient Greece, it is not part of Islamic teachings, but rather a cultural practice of Middle Eastern countries. It consists of a cloak-like covering that has a small mesh screen which allows the wearer to remain completely covered while still enjoying the ability of sight.

This isn't the first tussle the French have had with Islamic dress, but rather just another skirmish in an ongoing battle. In 2004, the National Assembly banned all headscarves from state-run universities as part of a larger bill that banned all religious icons. In 2008, a woman married to a Frenchman for nearly a decade was denied citizenship as her burqa proved that she was a "radical" and demonstrated "insufficient assimilation" to the cultural norms of France.

France isn't the only country in Europe attempting to deal with the burqa, either. The Netherlands banned it in and around schools, while a Belgian ban is completely ignored. Jack Straw, a senior government official of the United Kingdom, has officially asked women to remove their burqas before speaking with him, claiming that he "needs to see their face for it to be a real conversation."

The issue of non-assimilation is a big deal in Europe, to say the least. With the expansion of the Eurozone to include some Eastern European countries, conservative groups such as the British National Party have been growing on a pseudo-isolationist (and borderline fascist) rhetoric against perceived attacks on an already established culture. This

is seen across the Western world, from anti-Indonesian lynchings in Australia to minaret-banning legislation in Switzerland.

But this issue is particularly aggravating in France. The French are fiercely proud of their culture, as rich and old as any other in Europe, and anyone who has visited the country knows the ire that can be provoked by failing to speak the language properly. But part of that culture is an almost militant secularism first instilled by the French Revolution. Add to that Europe's largest population of Muslims and a particular form of dress goes from being a bizarre cultural penchant to "an unacceptable challenge to the republic."

All information, quotes, and facts are gained via the BBC world service

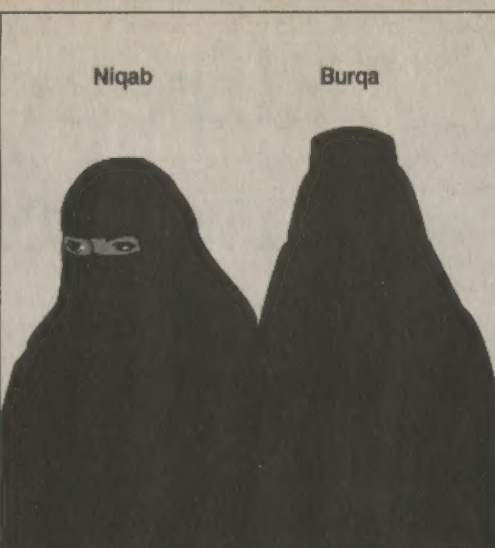


Photo from <http://www.timboucher.com/journal/wp-content/uploads/2008/10/burqa-burka.gif>

Above is an example of a burqa, as compared to a niqab.

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Volume 37, Issue 14

LIFE & STYLE

February 2, 2010

SU students study and travel in Ecuador during winter break

By Michael Piorunski
Staff Writer

Language, culture, ancient civilizations, twenty-five cent bottles of water, ten cent bananas, eyes wide open and the desire to see and discover as much as possible in the 29 days to come in Ecuador.

With this frame of mind 17 other SU students, two professors and I sat at the boarding gate on Dec. 26, 2009 in Reagan International Airport in Washington, D.C., and prepared ourselves for the next four weeks in South America. Small talk ensued as each of us restlessly sat in the less than comfortable airport chairs, anticipating the flight to Atlanta, and the subsequent flight to the coastal Ecuadorian city of Guayaquil.

These anxious moments marked the real beginning of the first of many travel days, the likes of which the group would come to know quite well, as we passed several days during our month below the equator traversing diverse landscapes en route to various destinations.

First Impressions

Just after 11 p.m., our flight landed in Guayaquil, and before setting foot in the airport, the coastal climate made apparent we were near the equator and much closer to the sun. The hot and humid tropical air stuck to the skin, and was a shock to North American lungs accustomed to breathing dry cold air in December.

In queue, waiting to pass through customs, our group, tired, excited, nervous and anxious, scuttled along side-by-side with our *equipaje* in tow. With Spanish filling the visual and aural landscapes, the reality of being in a Spanish speaking country seemed to be taking its toll on the feelings of the group. Tired turned to relief and excitement, which turned to anticipation and nervousness.

We finally met up with Louis, our Centro de Estudios Interamericanos liaison, who led us to our bus (and quick second home for parts of the trip) to go to our hotel in Guayaquil. Guayaquil, the second largest city in Ecuador, is a major commercial hub

for the developing nation. We spent our first morning exploring the city with a local guide, walking past the antique colonial Spanish architecture and family operated street-level storefronts, or *tiendas*.

Maybe the most intriguing part of our walk through Guayaquil was the Parque Seminario. Located in the center of the city, *el parque* is populated with hundreds of iguanas in the palm trees and along the paths, and are a great photo op.

As we traveled via bus away from the coastal urban center toward the Andes mountains, the landscapes began to undergo drastic changes. Situated to the west of Brazil, in between Colombia and Peru along South America's Pacific coast, Ecuador is a diverse nation, not only of distinct cultures, but also three distinct climates; coast (tropical), the Andes (sierra) and the Amazon (rain-forest).

During the first hours of our trek fields of bananas, plantains, rice, cacao, coconuts and teak (a tree used for lumber) filled our field of view.

In between pastures and croplands, used for both subsistence and export, laid scorched patches of land to be prepared for farming.

We passed through several small towns of cinderblock and plaster homes and storefronts painted in the colors of pastels and poverty, where people seemed to be living with little more than the shirts on their backs and the crops in their fields (if any).

Closer to the Andes, the fields of bananas and other tropical crops turned to open pastures of greens and yellows. Ascending the Andes, our lines of vision were frequently blurred as we continued to climb through the clouds.

Daunting and immense, the mountain landscapes, colored with abundant greens, yellows and sorrels endemic to the region, evoked previously unknown emotions toward the natural world.

Maybe it was the altitude though, given that at several occasions we breached more than 10,000 feet above sea level.

The Group

The 18 students who traveled to Ecuador with the winter program were unique in just as many ways, with each of us bringing our own experiences, goals and apprehensions about living in and traveling through a developing third-world nation for a month.

More than half of the students in our group had either limited or no communicative competence in Spanish, the dominant of the two official languages in Ecuador (the other being Quichua). This language gap proved to be both a challenge and an opportunity, as the more experienced speakers in our group often found themselves facilitating communication between the locals and the "gringos." Even the co-director, Associate Professor of Communications Dr. Dennis Leoutsakas, found himself at the mercy of the Spanish language.

"The [Spanish] language was difficult for some students and can be discouraging," said Dr. Gerald St. Martin, Professor Emeritus and Di-

rector of the Intercession

Program in Ecuador. Learning Spanish, though, was not the sole purpose of our travel to Ecuador. Our trip to Ecuador had its base in academics with students from several majors, some of whom took various levels of Spanish classes, but half of the students took courses other than Spanish in-

SEE Ecuador
Pg. 9



Michael Piorunski photo
Two children ride in a plastic dump truck through the streets of Puerto Lopez.



Michael Piorunski photo
The mural painted on a wall in Sarguro, Ecuador depicts two traditional indigenous lifestyle.



Michael Piorunski photo
Ancient Inca and Cañari ruins at the historical landmark of Inkapirka

SU maps out new study abroad program in Estonia

By Diana Dwyer
Staff Writer

Fall 2010 will mark the launch of Salisbury University's semester-long study abroad program at the University of Tartu in Estonia. Students are invited to study business and European studies for SU credit at a comparable cost of in-state tuition, housing and board in Salisbury.

Dr. Brian Stiegler, director of the Center for International Education, recognizes three immediate benefits of studying abroad: learning about the world and our place in it, personal growth from a maturing experience, and "a distinguishing feature in a hypercompetitive job market no matter what your profession is or what your goals are."

Dan Winter, a senior finance major, completed three credits in three weeks at the Purdue School of Business Summer Abroad Program in the Baltics in 2008. Winter also traveled to Helsinki, Finland and Berlin, Germany during the program.

"The accommodations, transportation, and overall value of the program were exceptional and I made lasting memories [and] friendships through this experience," Winter said.

"The semester experiences leave a whole lot more independence for the students," Stiegler said. "It's actually not unlike being here on campus." Stiegler explained that UT plans activities much like the student activities offered at SU, although students may also venture off themselves and feel free to explore Europe.

The State of Maryland was partnered with Estonia to help in development projects after the fall of the Soviet Union in the early 1990s. Tartu leaders, including Estonia's past prime minister, have visited Salisbury in return and kept ties strong.

"We're going to Estonia because of the deep state relationships with Tartu, because the University of Tartu is one of the top 600 universities in the world and because it's inexpensive for our students," Stiegler said.

The cost of living in Tartu is comparably cheaper than life in Salisbury. This opens doors

for students that never thought they could afford to travel in Europe while working toward their degree.

Dr. Karen Olmstead, dean of the Henson School of Science and Technology, said she loved the "exciting academic setting with international students from all over the place." Olmstead sat in and participated in a history class with students from Ukraine, Germany, the British Isles, India, and Sweden.

Students need not fear a language barrier either. English is widely spoken, and the city accommodates English speakers by providing menus in both Estonian and English at many restaurants. All students will take an Introduction to Estonian class for SU credit as part of their course load.

"We want students to understand what it is to be Estonian and to get insight to the global dimension," Stiegler said.

According to the University Web site, about one-fifth of the population of 100,000 is comprised of university students. Olmstead and Stiegler agreed that they never felt unsafe in

Tartu.

The capital city, Tallinn, is a bus ride away and provides easy and cheap air travel throughout Europe. Tartu is an upbeat city with an alluring countryside in contrast.

In Estonia, American students can be immersed in eastern European culture without being singled out as tourists and will also be able to add the experience to their résumés.

"We're hopeful that this program will provide a quality, low cost study abroad program for our students in Europe," Stiegler said. "We hope it also continues to grow and that we might be able to exchange faculty in due time and welcome some Estonian students here. We're hopeful that this new study abroad program might give birth to other initiatives with University of Tartu."

The application deadline is May 15 for Fall 2010 and Oct. 15 for Spring 2011. For more information including details on cost and application criteria, visit <http://www.salisbury.edu/ind ed/StudyAbroad/> or e-mail sucie@salisbury.edu.

From the Photo Bank: What's Happening On Campus



Adrienne Price photo

On Jan. 28, Hip Hop Dance Class students follow Aisha Bryant's routine during the GUC Events class in the Nanticoke Room.



Vanessa Junkin photo

Students Dale Corbett, Brian Bokulic, John Porter, Kelsey Grant and Megan Strause pose by an igloo they constructed Saturday evening with some of the snow that fell earlier that day.



Leslie Davis photo

Students play cards, hoping to win big at Casino Night, which was held in the Wicomico Room on Friday, Jan. 29.

Ryan Buell scares Salisbury with paranormal stories

By Amanda Johnson
Staff Writer

Ryan Buell, the star of A&E's "Paranormal State," introduced students to a world of ghosts and demons during a talk in the dark Holloway Hall auditorium the night of Wednesday, Jan. 27.

Buell enlightened students on the supernatural and shared his encounters with people whose real life mysteries and experiences have shaken them to the core.

During Buell's presentation, he shared clips and told stories of his scariest missions throughout his career.

One of them was his first demonic case, which involved a woman named Roxy who had been experiencing unusual incidents. There were times when the tables in her home would levitate, and pictures would fall off of the

walls. She was convinced something was not right. While under hypnosis, Roxy's personality took on another form, which led Buell to believe that she was possessed.

"It was one of my scariest moments," Buell said. "When Roxy turned her head with white in her eyes, I knew this person was not her; it was truly frightening."

Buell has examined haunted spirits, exorcisms, ghosts and poltergeists, always searching for answers or evidence.

Buell and his partner Serge elaborated on several case studies that they examined throughout the years, and many were bone chilling.

Senior Deanna Cox was so frightened after the event that she could not sleep in her own bed.

"I was so scared that I could not be alone. It was definitely an unsettling experience," Cox said.

At the age of 15, Buell began to explore the realm of the paranormal and has been actively pursuing his passion ever since.

"I knew from a young age that I wanted to investigate the supernatural, because I've had experiences that I can't explain," Buell said.

In 2001 while attending Penn State, Buell founded the Paranormal Research Society in an effort to investigate deeper into the spiritual world. Buell was offered a television series in 2005 by A&E to document his stories and share them with the world.

Since then, members of the PRS have worked on several cases around the country and have gained national recognition.

Viewers can catch "Paranormal State" on Tuesday nights at 10 p.m. on A&E to see more of Buell's eye opening experiences.



Adrienne Price photo

Student Kelly Sorenson doesn't look too scared after the event, standing in between Sergey "Serge" Poberheznay, right, and Ryan Buell, left.

Nabb Center brings in Black History Month with exhibit

By Rachael Stone
Staff Writer

The exhibit "Sources of Black Community: Family and Faith" kicked off February's Black History Month as it opened Jan. 16 to the public. Led by co-curators L. Paul Morris Jr. and Ray Thompson, the exhibit explores the importance of religion, education, and the role that family plays in the developing African-American middle class on Maryland's Eastern Shore.

The exhibit was inspired by a family Bible from 1767 that was published in London. The owner of the Bible, Thomas Pollitt, listed his slaves inside of the Bible along with only the day and year that the slaves were born.

"It is very difficult to track down African-American genealogy. Since most of them during this time period were

slaves, they didn't always have last names. And most of the times, they won't," Thompson said.

However, historians were able to identify these African-Americans using resources such as wills, land records, inventories, death certificates, medical records, and private and public records.

"A variety of sources that have been used are helpful in not just finding out who they are, but who their descendants were," Morris said.

Frederick Douglass came to Salisbury in 1880 to help raise money for the community and the church.

"In many of the obituaries the phrase, 'They lived Christians and died Christians,' would be written about the deceased," Thompson said. "Christianity was so important in their lifestyles."

Black community and culture has also played an important role in constructing the exhibit. The gallery displays portraits and background stories on several families. These include the Fasset Family of Worcester County and other free black families like The Waters, The Henry, Molock family.

Many of the pictures included the families in church attire or in a church setting, where much of the music influence came from. "Music, whether it was the choir, praise, singing bands, or gospel, was very important to African-American families," Thompson said.

Education was valued to a similar degree of music. "The Bible was a very important learning tool for African-Americans," Thompson said. Because most preachers and priests could not read or write, they learned from memorizing.

"It's amazing how much they could take in. They would be able to memorize large chunks of scriptures," Morris said. The school rooms only had one room and were used for childhood education all the way up to higher education.

Coincidentally, many of the descendants of the black families displayed in the gallery were founders or presidents of several higher educational facilities in Maryland, including Bowie State University, Morgan State University, and

Princess Anne Academy, which is now called University of Maryland Eastern Shore.

The exhibit will continue until Feb. 28 and is open Mondays, Wednesdays, and Fridays from 1-4 p.m. or by appointment.



Photo courtesy of the Nabb Center

This photo depicts John S. and Helen Waters Coulbourne and their family in the early 1900s at their home in Somerset County, according to Ray Thompson.

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Unleash Your Fitness Potential Realize what it means to train

By Eric Buratt
Life & Style Editor

If there was one word that defeats the purpose of achieving long-term fitness success, it would have to be "workout." Whenever this word is used, it sounds synonymous with the phrase wear (yourself) out. After all, people work out to burn calories and wear themselves out, right? Wrong: the intent of burning off junk you just ate is what keeps you looking the same as you always have.

You must think differently about your time spent in the gym if you want long-term success. You must intend on adapting and making progress, not just wearing yourself out and burning calories. You must realize what it means to train.

Train your nervous system, not your muscles

The nervous system (also known as the Central Nervous System, or CNS) plays the most important role on any given training day. This is because your nervous system acts as a control center for any stimulus placed on the body. In this case, exercise is the stimulus.

Ever notice how some days you feel "in the zone" while others, not so much? Well, whether you lift or run, pay close attention to the quality of your body's performance. If the quality begins to deteriorate, stop. This means that your CNS is running out of fuel. Lack of proper running or lifting form is a sure sign to stop. Following this simple guideline actually helps you feel "in the zone" every day, and promotes long-term muscle growth.

Consistency is key

No matter what your goals are, there is no greater habit to get into than making your training time consistent. Since everyone is different, you have to pick the time of day when you believe your body performs best. Another approach is to pick the time that will help you turn two weeks of dedication into two months and then two years of dedication.

Exercise selection and rep range
Believe that males and females can and should incorporate similar exercises into their programs, as long as

the exercises are consistent with the goals, of course. The only difference between genders is that females should do more reps than males. For example, a female should do 6-8 reps for an exercise that a male would do 3-5 reps for.

The exercises that will definitely give the best results to both worlds include squat variations, row variations, deadlift variations, and power movements (like power cleans and power snatches). To keep your body guessing, use dumbbells, cables, and barbells interchangeably. You may also perform the exercises with two limbs (bilateral), one limb (unilateral), or combine the two methods on a weekly/monthly basis.

Proper energy, hydration and recovery = progress

Nutrition is probably the most debated topic in health and fitness because everyone perceives healthy eating differently. The most important rule to follow is to eat clean. Eating clean simply means to eat real food. Start thinking of nutrients instead of calories whenever you eat. If you eat junk, your body will produce junk. That is why what you consume before, during, and after your train is more important than what you eat for breakfast (unless you eat breakfast prior to training). That is also why you will not make progress in the gym if your diet is not up to par.

Hydration contributes to greater aerobic capacity, less fatigue, and thus better performance during lifting and running. Sleep is another underrated recovery mechanism. Seven to nine hours of sleep every night is optimal for long-term success. The more consistent your sleep and nutrient intake are, the better.

In sum, training is more than using energy. It is about using your energy on a day-to-day basis to adapt and become better. Future articles will expand upon the topics introduced above, as well as include samples of training routines and nutrient intake.

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to e-mail me at eb55419@students.salisbury.edu. For those who are more serious, specify that in your e-mail, and I will be more than happy to consult with you.

Ecuador

Continued from Pg. 1

cluding education, research in communications, and I had the opportunity to study the indigenous language Quichua or Runa Shimi.

We studied at the Centro de Estudios Interamericanos located in the heart of Cuenca. The school serves study abroad groups like ours, but also offers programs for individual exchange students, as well as English classes for native Spanish speakers.

A secondary goal for the students in our group was to learn about, and discover the cultures and traditions of the people with whom we would live and engage with for four weeks. St. Martin said that regardless of students' language skills, in Ecuador the group "had the opportunity to immerse themselves in the culture and all of the issues that go with a third-world developing nation."

Our group bonded quickly in that each of us wanted to share and compare our experiences with each other. We teamed up to venture out and discover new parts of the city, or just to go get a new flavor of ice cream from the place in city center next to the Parque Calderon.

Cuenca

Situated at about 8,400 feet about sea level, Cuenca is Ecuador's third-largest city, and home to an eclectic blend of modern, traditional and indigenous culture. Cuenca served as our home for three of the four weeks we stayed in Ecuador.

With its cobblestone streets, ceramic tiled walkways and pastel colors, Cuenca preserves its colonial stripes. The architecture, including the cathedrals, historic homes and terra-cotta roofs are reminiscent of once newly built colonial Spanish cities.

Being a city with culture steeped in Catholic traditions, there seemed to be a celebration of a saint or other religious holiday each week. La Posada del Niño and Día de los Inocentes were two of the most widely celebrated holidays, each with its own parade and distinct festivities. The locals also recognized these almost daily holidays with fiestas, or fireworks, at all times of the day.

In any one of the several produce



Michael Piorunski photo

A mountain-top view of one of the 300 lakes in Cajas Parque Nacional. The highest point in Cajas is over 14,000 feet above sea level.

and handicraft markets throughout the city one could not only engage in conversation and cultural exchange, but also get fresh food and hand-made crafts for cheap. Added to this, these market places served as focal points to observe the interaction and diversity of the indigenous Cañari and Spanish cultures.

The city center served as the meeting point for our group in the mornings for classes, as well as in the evening before our various extra-curricular activities and visits to cafes with awkward names and cheap drinks.

The Host Family Experience

As a part of the winter program each student in our group lived with a separate host family.

"The home-stay experiences [in Cuenca] are among some of the best... and are on of the biggest benefits of the Ecuador experience," St. Martin said.

Our host families were located anywhere from a five to forty minute walk away from CEDEI. The experiences with our families were varied, but opened new opportunities to gain first hand knowledge and experience in the Ecuadorian culture.

"The mini-cultural exchanges that take place between students and families also go a long way to break through stereotypes on each side," said Dr. Louise Derwiler, Associate Professor of Spanish and Chair of the Department of Modern Languages.

My host mother, like my mother in the states, treated me like her own child, and wanted to know about my class, where I had been and where I

was going. My mother also prepared traditional Ecuadorian almuerzos or lunch daily, including soup, rice and plenty of mote.

Travel

Maybe some of the most memorable experiences throughout our journeys through Ecuador were the weekend trips to the pueblos and villages outside of the Cuenca. With all of its endearment, the urban landscape of Cuenca could not match the beauty and pastoral charm of the rural communities like Paute and Saraguro.

In the indigenous community of Saraguro, hiking through the clouds and serenity of the Andes mountains one simultaneously experienced the feelings of being connected to the natural world, yet disconnected from all that which we have come to know. The people in these rural communities lead lives of subsistence with little else to supplement their income, yet live with the attitude that they have all they need.

Alongside this natural beauty and humble lifestyles, it's hard to ignore the impoverished conditions in which so many of the citizens of Ecuador live. This became increasingly evident in the coastal town of Puerto Lopez, where the streets were muddled with the signs of underdevelopment and the lack of infrastructure. But although the citizens of this town lived hard lives, the Pacific Ocean and coastal beaches provided both us and them, a connection to friends and happiness.

In Ecuador it's a more simple way of life.

WXSU will auction off DJs to benefit Relay for Life

By Kathryn Tyler
Staff Writer

For a starting bid of \$5, students have the opportunity to win a date with a WXSU DJ — while at the same time, helping Relay for Life.

On Monday, Feb. 8, WXSU will host the Date A DJ - For Relay auction from 7 to 10 p.m. in the Wicomico Room at the Guerrieri University Center. The event is de-

signed to raise money for Relay for Life, but it will also give DJs the opportunity to spotlight their talents and personalities.

Relay For Life represents a life-changing event that gives people a chance to celebrate the lives of people who have battled cancer, remember lost loved ones, and fight back against the disease.

Fifteen DJs and WXSU staff members will be auctioned off dur-

ing the event. The dates will begin immediately following the auction, and dinner will be served in the Wicomico Room to their highest bidders.

Sophomore and WXSU Music Director Asena Terry is the mastermind behind the unique idea to hold a date auction as a way to raise money for Relay for Life.

"I came up with the idea for the date auction after we had signed up

to participate in Relay for Life," Terry said. "I felt that it would be a great way to not only raise money for the cause but for students to get the chance to get to know our DJ's."

Terry is among the staff members that will be auctioned off.

"We're auctioning off everyone from DJ's to management to try and raise as much money as possible," Terry said.

In addition to the auction, there

will be a free raffle for students to enter to win prizes. Students, faculty, and staff are also encouraged to make separate donations to Relay for Life. Admission to the Date A DJ - For Relay auction is free.

For more information regarding the auction, visit the Facebook Group on Facebook.com/WXSU. For more information on Relay for Life, visit <http://www.relayforlife.org>.

What's Cooking? Recipes for a tight budget

By Michael Piorunski
Staff Writer

This past winter break I had the opportunity to travel to Ecuador to study an indigenous language, and to experience nearly everything the culture had to offer (see the story in this week's issue). A group of 18 SU students in total took part in this opportunity to study and travel in Ecuador as part of the winter intercession study abroad program.

The areas of the country we visited and traveled through were both beautiful and humbling. The colors and landscapes of this South American nation are very much unique from those of the United States.

For the better part of our four week excursion in the South American nation we stayed in the heart of the Andes mountains in the city of Cuenca. Cuenca, with its cobblestone streets and tiled sidewalks, is a city where the mix of the vibrant cultures and colors painted on the walls creates an environment which invites one to explore.

The markets in the city proved to be an optimal location to wit-

ness and participate in the daily cultural exchange of the diverse Ecuadorian populations. The produce markets exemplified the range of climates and colors the Ecuadorian landscapes offer. Bananas and avocados from the coast and the orient, potatoes from the mountains, milluku and other fresh legumes from the mountains, citrus from the coast and plenty of mote to boot (a type of corn).

Also available in the markets, along side of the seemingly endless varieties of local Ecuadorian fruits and vegetables, was an equally impressive variety of locally grown grains and beans. Quinoa, for example is a traditional grain native to the Andes mountain region, and is widely eaten as it offers an excellent source of pro-

tein and other trace elements.

The Green Soup recipe this week is a tribute to my Cuenca host mother Bertha and the daily soups she would prepare for lunch. Serve this soup over a piece of crusty bread like a baguette, or traditionally with mote and/or fresh popcorn.

Green Soup
1 1/2 cups split peas, dry
1 cup quinoa (can substitute amaranth or barley)
6-8 cups water or vegetable stock (or chicken stock)
2 medium carrots, chopped
1 medium yellow onion
2-3 medium Yukon or red potatoes
4-5 cremini mushrooms (optional)
3 tablespoons tomato-paste
2 cups chopped collard greens or kale
2 cups chopped spinach (frozen works well)
2 tablespoons olive oil
2 tablespoons soy sauce (if using water)

Salt and pepper
1 teaspoon tumeric
1-2 bay leaves (if using water)
1/4 cup chopped cilantro

Method:

In a large 4-quart pot, heat the olive oil over medium heat. Add the chopped onion, salt and pepper and cook until onions are translucent. Next add carrots, potatoes, mushrooms (if using), salt and pepper and tumeric.

Continue to sauté vegetables for five minutes and then add the collard greens, split peas, quinoa (or other grain), tomato-paste, bay leaves, cilantro, soy sauce and water (or stock). Bring soup to a boil over high heat, and then re-

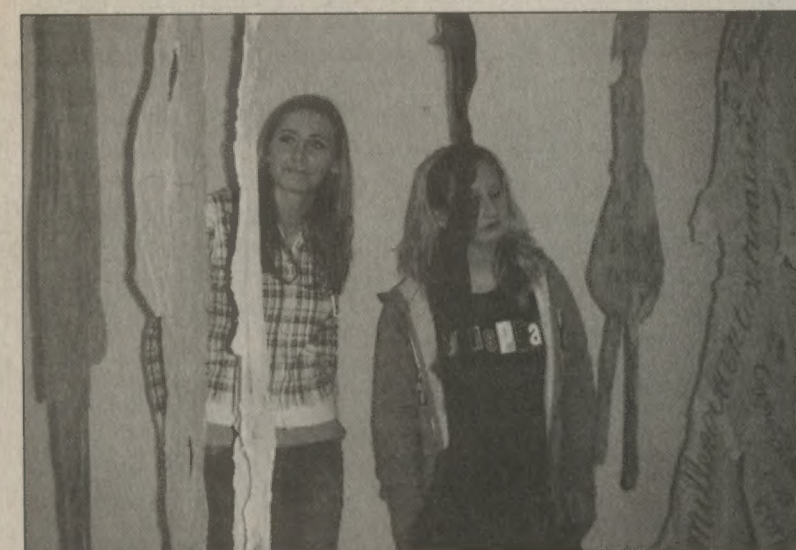
duce to a simmer for about 45 minutes.

After about 30 minutes of simmering, add the chopped spinach (fresh or frozen) to the soup. When the spinach has either wilted or has been heated through (depending on if it was fresh or frozen), skim it off the top of the pot and blend it with some of the soup liquid and return it to the soup (be sure to let the liquid cool a bit before blending to prevent a huge mess).

Serve over a piece of bread with freshly grated pecorino romano cheese and a few fresh sprigs of cilantro. In true Ecuadorian fashion, serve with mote and/or fresh popcorn as well.



Michael Piorunski photo



April Katsirubas photo

Students Kelsey Norris and Amanda Hixenbaugh look at faculty artwork on display in the University Gallery of Fulton Hall.

Art faculty show highlights professors' artwork

By Amanda Kimmish
Staff Writer

This time, the faculty members of SU's Art Department aren't grading and displaying their students' work. They're putting their own work on display as part of the annual faculty art show.

This year's show, planned by Ed Brown and Jinchul Kim, has been open since Jan. 15 and will continue through Feb. 14 in the University Gallery of Fulton Hall. The exhibit will give students, other department professors, and the local community an opportunity to view the work of many SU art faculty members side by side.

"I enjoy any opportunity to show my work," professor Dean Peterson said. "Also, since I work with a very talented group of artists, I very much enjoy seeing what they have been doing lately; it's like going to a new gallery."

The exhibit includes work from a variety of art media, from painting to photography.

A panel discussion, scheduled for noon on both Wednesday, Feb. 10 and Thursday, Feb. 11, is designed to let the artists reveal their inspirations behind

their pieces to spectators and students. The art professors also get to explain why they personally love art.

"My mode of working is very visual, and I enjoy taking inspiration from my immediate surroundings," Peterson said. "I will go in a conceptually inspired direction from time to time, but mostly it is a challenge to acknowledge the great beauty that is underfoot."

"I hope that students know that I am an artist and a teacher," said professor Jeanne Anderton, whose artwork is influenced by the Renaissance and Northern Europe of the 16th and 17th century. "[I hope that students also understand] that art is more than simple images. There are always challenges to creating art, and you are always influenced by yourself, others, and what you have learned."

The art in this gallery may also be viewed at local and national venues. At SU, it is free to view the gallery, and public hours are 10 a.m. to 4 p.m. on Tuesday through Friday and noon to 4 p.m. on Saturday and Sunday.

Following a concert by the Department of Music on Thursday, Feb. 11, there will also be a reception from 7 to 8 p.m. at the gallery.

Seventh Les Mills class added to UFC schedule

By Alexis Howard
Staff Writer

When the Merritt Athletic Club was selling their property, Salisbury University knew they could not pass up the opportunity. The SU Foundation purchased the property and turned the club into a University athletic workout facility, making the University Fitness Club a hot spot among students.

UFC opened to the campus community in August 2008, offering activities such as racquetball tournaments and group fitness classes.

worldwide.

The UFC group fitness club now offers all seven of the Les Mills classes, which include Body Pump, Body Flow, RPM, Body Step, Body Attack, Body Combat and Body Jam. UFC also offers students an abs workout class as well as a yoga core class.

Body Pump and Body Attack are weight-training classes that focus on working all muscle groups to burn calories, tone muscles and improve strength.

Body Jam, Body Flow and Body Combat classes incorporate body movement exercises such as tai chi, Pilates, karate, and dance into their programs.

Brittany Grubb, UFC assistant manager, said Body Combat and the yoga core class are the new classes for this semester.

Kristin Trout, manager and fitness coordinator of UFC, says the fitness center is packed with SU

students every night. Trout was proud to talk about the UFC group fitness club.

"The biggest feature we obviously have is the group fitness club. It is one of the biggest programs in the country for the Les Mills classes. We are the only college facility worldwide that has all seven programs," Trout said.

UFC also is a host to four racquetball courts, a weight room with new Hammer Strength equipment, two cardiovascular rooms also with new Life Fitness equipment, a cycling studio and a Nautilus training room.

UFC is open Monday through Thursday 6:30 a.m. to 10:30 p.m., Friday 6:30 a.m. to 8 p.m., and Saturday and Sunday 10 a.m. to 6 p.m.

Full and part-time SU students are admitted to the Club for free because the cost is included in their student activity fee, needing



Dan Anderson photo
Students run on treadmills at University Fitness Club. Cardio machines are one of the various ways people can work out at the facility.

only their Gull Card to enter, while Faculty and staff members

may also access this facility for a fee of \$50 for the academic year.

Brett Favre makes history... again

By Brian Willhide
Staff Writer

It was less than a year ago when Brett Favre announced, for the second time in his NFL career, that he was retiring. Five months later, Favre was a Minnesota Viking.

After a defeat in the NFC Championship, there's no telling what the 19-year veteran is going to do, but if we have seen the last of Favre, this past season's performance will be remembered in our minds and in the record books for a long time.

Minnesota (12-4 in 2009) had

not had a quarterback throw for more than 3,000 yards since Daunte Culpepper in 2004. Favre threw for more than 4,200 yards and led an offense that was second in the NFL in scoring, at 29.4 points per game.

Wide receiver Sidney Rice had just 46 receptions in two seasons with the Vikings prior to Favre's arrival. Rice became a Pro-Bowler in 2009 with 83 receptions for more than 1,300 yards and eight touchdowns.

Seven-year veteran tight end Visanthe Shiancoe set career highs in 2009 with 56 receptions and 11

touchdowns, a stat which led all NFL tight ends this past season.

Favre, at age 40, had, perhaps, his best individual season yet, throwing for 33 touchdowns, a career-low seven interceptions, and a career-best 68.4 percent completion percentage.

"Most impressively, perhaps, is that Favre displayed a discipline we didn't see in his gunslinger years," Michael Wilbon of The Washington Post said.

Amidst a career season throwing the football, Favre also broke Jim Marshall's record for starts at any position in NFL history when he

made his 271st consecutive start at quarterback against the Detroit Lions.

With an Oct. 5 victory over his former team, the Green Bay Packers, he became the first quarterback in NFL history to defeat every one of the league's 32 franchises since its most recent expansion in 2002.

Not to mention he added to his already impressive career passing marks including touchdowns, passing yards, completions, regular season victories and consecutive seasons with 300 completions and 3,000 passing yards.

Favre's historic 2009 season is a certainty, though the same cannot be said for his future.

"Why should Favre play again? He remains one of the league's premier quarterbacks... He is very happy playing with the Vikings. And the Vikings have a good chance to win the Super Bowl next season," Dan Pompei of the Chicago Tribune said.

Love him or hate him, Favre is one of the most accomplished quarterbacks in NFL history and his individual statistics in the regular season and playoffs are some of the best the league has ever seen.

Basketball doubleheader results in victory over Hood

By Therran Dennis
Staff Writer

Last Wednesday evening was a good night for Salisbury University basketball, as both the men's and the women's teams improved their season records with away victories against Hood College. The Sea Gull men won in a 69-66 thriller, while the Lady Gulls dominated in a 54-38 blowout.

After starting their contest with an 11-7 lead over the Blazers (12-7, 7-3 CAC), the Sea Gull men's team quickly fell to a 23-11 deficit with 7:22 left to play in the first half. They would eventually fall 37-28 at the half and would not see another lead until 20 seconds left in regulation.

Junior center Chris McGrew was the game's hero, scoring 11 at the

start of the second half to keep his team in competition. He would eventually put his team ahead with a game-winning free-throw with 20 seconds left before the end of regulation and, with nine seconds left to go, seal the game for the Gulls (10-8, 6-4 CAC) with a steal and two more free-throws. McGrew finished the night with 23 points (9-of-11 from the field), seven rebounds, and four assists.

Senior guard Greg Palmer, who nailed a three-pointer prior to McGrew's heroics to tie the game with 1:22 left to go, followed up with 20 points, two assists and a blocked shot. Sophomore guard Mike Maczko added 13 points and six assists.

Salisbury was down for much of the game, having only taken the lead twice in the affair. The win

over the Blazers was their fourth straight.

The Lady Sea Gulls (7-10, 4-6 CAC) showed nothing but dominance, as their defense held the Lady Blazers (4-13, 1-9 CAC) to 38 points, the lowest they've held an opponent since Feb. 13, 2008, when they held Gallaudet to 35. The Lady Sea Gulls were led by freshman forward Nicole Sisco, as she posted her first career double-double with 11 points and 15 rebounds.

Senior forward Kylie Hall tallied 10 points for the night, and fellow senior forward Janay Johnson scored a game-high 16 points, and grabbed eight rebounds.

The Gulls out-rebounded the Blazers 53-31, and held them to a low 24.4 field goal percentage. The victory is their seventh consecutive against the Blazers.

AFC defeats the NFC in this year's Pro Bowl

By Brian Lomax
Staff Writer

Most people don't pay much attention to the Pro Bowl. It's fun to see stars such as Aaron Rodgers and Adrian Peterson, both of whom play for rival teams, lining up in the same backfield; however, in past years the Pro Bowl has become a joke in some sense.

Players discover injuries they didn't have the week before, and for a lot of the NFL stars, the game is just a paid vacation week. Players from both the Saints and Colts, the NFC and AFC representatives for next Sunday's Super Bowl, also sat out the game as mandated by the NFL.

With most of the league's best and brightest sitting out of Sunday night's game due to injuries or other issues, the Pro Bowl had the potential to be

a boring affair. However, both squads brought their best offensive games, and with only basic defenses being played, the scoreboard was lit up as the AFC defeated the NFC 41-34 in Miami.

As light rain fell on the players last night, there was more pushing and shoving on the field than anything else. Only the Cowboys' Mike Jenkins seemed interested in making big hits, with most players just trying to get through the game unscathed. Matt Schaub of the Houston Texans threw for 189 yards and two AFC scores, and was chosen as the most valuable player. Aaron Rodgers also threw for two touchdowns scores, while NFC teammates and Philadelphia Eagles wide receiver caught two touchdowns. Cincinnati Bengals wide receiver Chad Ochocinco spent the week leading up to the game practicing

field goals, but was not given an opportunity to kick during the game.

The NFL said that this was the biggest Pro Bowl in terms of ticket sales since the 1959 Pro Bowl game in Los Angeles. Over 70,000 attended. The NFL sought to transform the Pro Bowl into a bigger game by playing it before the Super Bowl for the first time. In a one-year experiment, the league also moved the game from Honolulu, its home since 1980.

The stadium was half empty by the third quarter, perhaps partly because of the rain and temperatures in the 60s.

The game will return to Honolulu in 2011 and 2012, but the league hasn't decided whether to hold those games before or after the Super Bowl. The Pro Bowl site for 2013 and beyond has yet to be determined.

Athlete Spotlight

Glen Charlton



Athletics photo
Glen Charlton

By Sarah Duffy
Staff Writer

The Athlete Spotlight of the week is women's basketball player Glen Charlton. The sophomore guard from Landover, Md. began playing the sport at age 3. Charlton recently brought her team to victory during a game against St. Mary's College when Salisbury came from 20 points behind in the second half to their first winning score of the game, 54-53, with 44 seconds left on the clock. The sophomore earned the one-pointer with a nothing-but-net shot to clinch the game. Charlton recently sat down with The Flyer to answer a few questions.

What did you first start playing basketball?
"I started playing young, at age 3."

What do you like best about playing for Salisbury University?
"I love my teammates. They are always there for encouragement and any time I need them."

What is your favorite basketball memory?
"It was last week's game. We put up a fight and came back 20 points to win the game against St. Mary's."

How did it feel to score the winning point at the game against St. Mary's?
"The feeling is hard to describe. I knew I was going to take the shot, and when I scored, I was like 'Yes! It was a great feeling.'"

What are you looking forward to the most during the rest of your

college career?
"I'm looking forward to watching all of the freshmen grow and being there for guidance."

What is your major?
"I'm majoring in Communication Arts in the Media track."

What are your plans after graduation?
"I hope to continue basketball overseas. I also want to get into sports broadcasting."

What is your proudest basketball moment?
"It would also have to be the game against St. Mary's. When I took that shot, I was really proud of myself."

Do you do anything superstitious before or during games?
"No, but if my teammates say something will go well before it actually happens we'll say knock on wood. That's probably the only thing, though."

Is there anything most people don't know about you?
"When I first started playing basketball, I didn't want to play with girls. Playing games with guys is so much fun, but I'm so glad I gave it a shot. I wouldn't trade our team for anything."

What advice do you have for future players?
"Simply just believe in yourself and your teammates in every aspect of life. Just believe."

A Winter X Games for the record books

By Tom Watson
Sports Editor

The fourteenth edition of the Winter X Games came to an end this past weekend and it was certainly one for the ages.

Thirty-three-year-old Ophelia David won her fourth consecutive women's Skier X, followed closely by Ashleigh McIvor in second and Kelsey Serwa in third. On the men's side, Chris Del Bosco took home the gold with Dave Duncan and Brady Leman taking the silver and bronze, respectively.

On Friday night, snowboarding superstar Shaun White earned his first threepeat in the SuperPipe competition, the only even in which he chose to defend his title, after taking a bad crash in which he hit his face so hard his helmet came off.

In the women's Snowboard SuperPipe, Gretchen Bleiler snatched her fourth gold medal, edging out tough competitor Kelly Clark by less than a point.

Halldor Helgason took home the gold

in the Snowboard Big Air with two perfect scores of fifty while Nate Holland, after surviving a crash in the qualifying round, won his record fifth straight Snowboarder X. In the women's event, Lindsey Jacobellis three-peaked for the second time in her career, taking home first place.

The excitement didn't end there as X Games rookie Bobby Brown won the Skiing Big Air, joining Helgason with two perfect scores. It was also the first time in the history of the event that four tricks were landed in the finals.

Then, in the Snowmobile Snocross, Tucker Hibbert dominated the competition – winning by 28 seconds – to bring home his fourth straight title.

It was a week of record setting, record shattering in which the stars of Winter action sports shined. Fans have plenty to look forward to, however, since 39 of the X Games competitors will also be competing in this year's Winter Olympics in Vancouver.



ESPN.com photo
Gretchen Bleiler sky-ed during the elimination round of the women's Snowboard SuperPipe on Thursday. Bleiler would ultimately claim gold in the competition, edging out Kelly Clark for her fourth straight gold medal.

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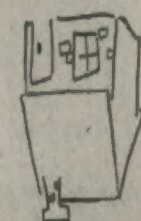
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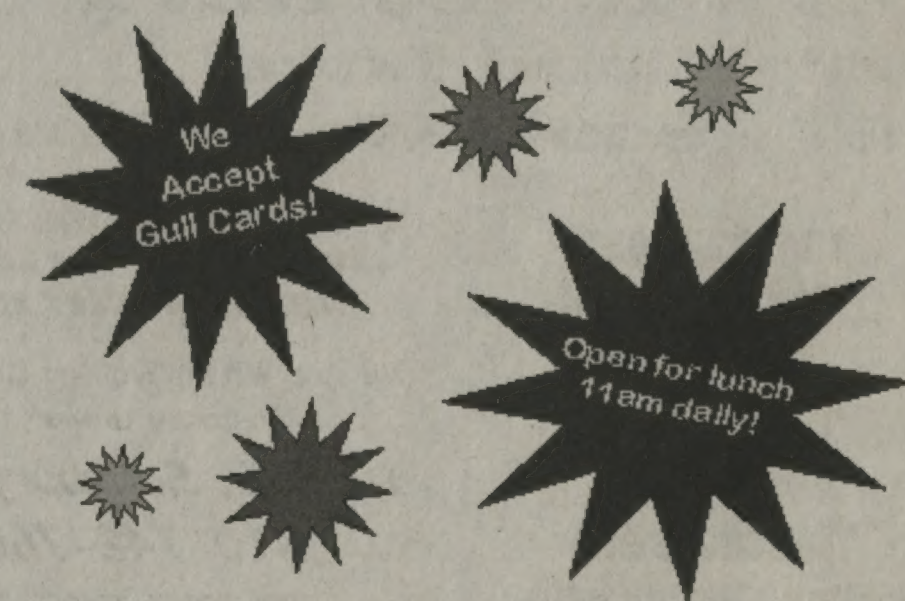
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College basketball: All's fair in the ACC

By Tom Watson
Sports Editor

It has long been a debate in college basketball over which conference is the strongest. Each conference makes its argument every season with NCAA tournament appearances, victories, RPI, AP ranking, et cetera. However, midway through the 2009-2010 season, the ACC is making its mark as the conference that's the most fair.

The Maryland Terrapins (14-6) sit second in the conference thus far with a 4-2 conference record, losing only to Wake Forest (14-5) in overtime, who has lost to Miami (Fla.), a team the Terps recently defeated by 22 points, and an ugly nail-biter to Clemson.

Surprises Virginia (13-6) and Florida State (16-5) sit in third and fourth place in the conference, respectively, with each defeating ranked Georgia Tech (16-5).

Perennial powerhouses North Carolina and Duke are always dangerous, but the Tar Heels (13-8) have since dropped out of the AP Top 25 and sit in the bottom half of the ACC standings after losing handily to UVA.

The Blue Devils (17-4) easily defeated then No. 18 Clemson (15-6), Boston College (12-10), and Wake Forest by 20 points each before falling to former No. 17 Georgia Tech and North Carolina State (14-8).

The Miami Hurricanes began the season 15-1, but have since fallen to

16-5, with all five of the Canes' losses coming at the hands of ACC opponents.

Every team in the ACC so far this season has not only a winning season, but also at least 12 victories. And its not that they haven't been playing competition outside of the conference — the teams have a combined record against the AP Top 25 of 22-18. Not to mention that less than 45 percent of the ACC's combined losses have come against non-conference opponents, and it's not even halfway through the conference-play part of the season.

Only a few ACC teams have been in and out of the rankings so far this season, with just Duke (No. 7), Clemson (No. 21), and Georgia Tech (No. 22)

still ranked, but no conference is as evenly distributed talent wise as the Atlantic Coast.

The only other D-I conference that can boast no teams with a losing record is the Big 12, which contains both Kansas and Texas, two teams that have been ranked No. 1 this season.

On any given day, the ACC has proven that no record is safe. An N.C. State can beat Duke, a UVA can beat UNC.

As these teams finish their season with conference play, the remainder of the 2009-2010 campaign will surely be a battle to determine which of the ACC's strongest deserve to dance in March.

SPORTS BEAT ★ SPORTS

★ Sea Gulls ★

SPORTS BEAT ★ SPORTS

Swimming

On Jan. 30 the men's and women's swim teams braved the snow, traveling to Washington, D.C. and sweeping Catholic University. The men defeated Catholic 145-58 while the women's team swam to a 108-97 victory. Collectively, the teams finished first in 15 of the 23 races.

The 87-point margin of victory for the men marks their second largest of the season. Freshmen Eric Robichaud and Paul Zoli led Salisbury with two individual first place finishes, with Robichaud winning the 50 and 100-yard freestyle while Zoli took first in the 200-yard and 500-yard freestyle.

On the women's side, sophomore Katie Fitzenreiter led the way, taking two of the Sea Gulls' five first-place finishes. In the 1000-yard freestyle, she finished in a time of 11:32.24, thirty seconds ahead of second-place finisher and fellow Gull Staci Carbone, who finished in 12:03.40.

The victory improves Salisbury's record to 5-5 as the men (6-4) claimed their fourth straight win as the teams head into the CAC championships — a three-day event in St. Mary's City, Md. from Feb. 12 - 14.

Top-ranked Williams and Federer take Aussie Open

By Fred Hobbs
Staff Writer

The Australian Open came to an end this weekend with the World No. 1s Serena Williams of the U.S. and Roger Federer of Switzerland walking away champions once again.

In the women's competition, top-seeded Williams was looking to defend her Australian Open title, having won four of the last seven. After defeating Venus Williams, Na Li was looking to knock off little sister Serena in the semifinals. Li gave Serena all she could handle in a back-and-forth battle, yet despite her relentless effort Li fell in straight sets 7-6, 7-6.

In the finals, Serena Williams took on veteran Justine Henin. The match was close all the way, with both Serena and Henin winning a set apiece, but at the end Serena flexed her superior skill, crushing Henin in the final set 6-2, giving Williams her first ever back-to-back Australian Open victory. She also became the first woman to win five Australian Opens.

On the men's side, top-seeded Federer slowly worked his way to the sweet number sixteen knocking off Leyton Hewitt 6-2, 6-3, 6-4; Davydenko 2-6, 6-3, 6-0, 7-5; and Tsonga 6-3, 6-2, 6-3.

Britain's Andy Murray had a much more difficult road to the final, de-

feating Isner 7-6 (7-4), 6-3, 6-2; second-seeded and defending champ Rafael Nadal 6-3, 7-6 (7-2), 3-0 retired; and Cilic, who knocked out American Andy Roddick, 3-6, 6-4, 6-4, 6-2.

In the finals, Murray didn't do much to keep Federer from capturing the title as Federer won in three straight sets, 6-3, 6-4, 7-6 (13-11).

The victory marked Federer's fourth Australian Open title, improving his all-time titles record to sixteen. Despite his best efforts, Murray could not become the first British player to win a Grand Slam title since 1936 and next up for Federer is his shot at a true, calendar-year, Grand Slam, something that hasn't

been accomplished for over 40 years.

In women's doubles bracket, the Williams sister tandem proved dominant once again, running through the competition to defeat top-ranked Cara Black and Liezel Huber. This match-up would seem to be one for the ages, but both Venus and Serena were at the top of their game, punishing the competition in straight sets 6-4, 6-3.

In the men's doubles tournament, top-seeded Americans Bob and Mike Bryan handled the No. 2 team of Nestor and Zmonjic 6-3, 6-7 (5-7), 6-3. Then, in the mixed doubles competition, No. 1 Cara Black and Leander Peas defeated Makarova and Levinsky in straight sets, 7-5, 6-3.



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SALISBURY SPORTS CALENDAR

Tuesday-2/2	Wednesday-2/3	Thursday-2/4	Friday-2/5	Saturday-2/6	Sunday-2/7	Monday-2/8
	6 p.m. Women's Basketball vs. Gallaudet 8 p.m. Men's Basketball vs. Gallaudet			2 p.m. Men's Basketball @ York (Pa.) 4 p.m. Women's Basketball @ York (Pa.)		